

Child Care Connection

MSDH Child Care Licensure Bureau

September 2022

“Bridging the gap between Child Care Providers and MSDH Child Care Licensure Bureau in order to provide a safe and healthy environment for Mississippian children and families.”

Training Unit Reminders

The Training Unit is working diligently to accommodate all participants that are registered for training classes, but we need your assistance to ensure that participants receive the information from the trainings that they need to continue to provide a safe and health environment for children to learn.

Below are few reminders that you need to remember when signing your staff members up for trainings and if they are signing themselves up, please make sure you share this information with them.

- To be counted as a participant in the training, please log in from the email address you provided on your registration form. **(If you do not sign in – no certificate will be issued)**
- Please make sure the **video is turned on and remains on throughout the training** and participants are visible. Participants will receive 2 warnings, after that the participants will be removed from the training.
- Just as in a face-to-face training, we are requesting that you find a quiet space to minimize distractions for both the trainer and the other participants.
- The training will be closed to participants 10 minutes after the start time.
- Please do not share this email with another participant.
- As soon as you enter, please sign in to the chatbox with First and Last Name and Email address
- If you are sharing your computer, laptop, or iPad screen with another person, each person's name and email address must be entered into the chatbox. Each person's name and email address must be entered to get full credit for training and certificate.
- If you will be sharing your screen with another person, do not sign that person in until they are on screen.
- Please make sure that the device(s) you plan to use for the training are fully charged.
- Participants in a classroom taking care of children or working another job during the training will NOT receive credit for the training. Please sign up for another class if your attention will be on taking care of children or working another job instead of learning.
- When registering for a class and you finish the registration before you submit the registration form, please check the box on the right that says “Send Me A Copy” so that you will receive a copy of the registration.
- Also, when registering participants please make sure that the participant's name and email address are correct.
- Make sure that you take the time to write down the following information so that you will have it for future records because the training unit has a full workload and may not be able to provide this information to you quickly. Write down the person(s) name, training date and time, name of training, and the name of the trainer.



Nutrition & Menu Writing Information

If you need to know, where you can find nutrition ideas and information from MSDH, you can visit our website at www.healthyms.com if you are look for something in particular please see the list below and click on the link.

- ✓ For some great MSDH approved snack ideas click this link: [19254.pdf \(ms.gov\)](#)
- ✓ MSDH Approved 6-Week Child Care Menus [MENU- PLANNING WORKSHEET \(ms.gov\)](#)
- ✓ Menu Planning Worksheet [MENU- PLANNING WORKSHEET \(ms.gov\)](#)
- ✓ Menu Planning Checklist [Menu Planning Checklist \(ms.gov\)](#)
- ✓ Open Letter to Parents Regarding Nutrition [5452.pdf \(ms.gov\)](#)
- ✓ Vitamin A Sources [VitaminASources \(ms.gov\)](#)
- ✓ Vitamin C Sources [VitaminCSources \(ms.gov\)](#)

Other Nutrition Resources

- ✓ USDA MyPlate [MyPlate | U.S. Department of Agriculture](#)
- ✓ Team Nutrition [About Team Nutrition | Food and Nutrition Service \(usda.gov\)](#)
- ✓ USDA Nutrition Resources for Child Care Centers [Child Care Organization | Food and Nutrition Service \(usda.gov\)](#)
- ✓ Child Nutrition Institute [Child Nutrition Recipe Box – USDA Standardized Recipes \(theicn.org\)](#)
- ✓ Weights, Measures and Portions Poster [4346.pdf \(ms.gov\)](#)
- ✓ Party Suggestions for Child Care Centers and Parents [Microsoft Word - Party Suggestions for Child Care Centers and Parents New .docx \(ms.gov\)](#)
- ✓ Healthy Lunch Box for Children [Microsoft Word - Healthy Lunch Box for Children-1.docx \(ms.gov\)](#)
- ✓ Food Allergy Questions and Answers [5455.pdf \(ms.gov\)](#)

September Fun Recipes Ideas

OWL RICE CAKE SNACKS★★★★★


COURSE: SNACK CUISINE: AMERICAN KEYWORD: KIDS, SNACK
PREP TIME: 10 MINUTES TOTAL TIME: 10 MINUTES SERVINGS: 1 OWL
AUTHOR: AMANDA@AFEWSHORTCUTS.COM

These Owl Rice Cake Snacks are a wise choice for picky eaters. Check out this simple recipe for a healthy snack for the kids!

| INGREDIENTS | INSTRUCTIONS |
|--|--|
| <ul style="list-style-type: none">1 rice cake plain2 Tbsps peanut butter1 banana1/4 cup blueberries1/2 apple sliced1/4 cup Cheerios1 Small piece of cantaloupe | <ol style="list-style-type: none">Spread peanut butter on each rice cake.Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.Next add a small piece of cantaloupe cut into the shape of a triangle for the beak. Then, two apple slices for the wings.Finally add cheerios for the body.Serve. |

NOTES
Get as creative as you want with these. Feel free to switch out ingredients for different fruits.

Owl Rice Cake Snacks <https://afewshortcuts.com/owl-rice-cake-snacks/>



Tangerine Pumpkins & 8 Other Healthy Halloween Snacks

★★★★★
5 Stars (2 reviews)

Author: Ellen Prep Time: 5 minutes Cook Time: 5 minutes Total Time: 10 minutes Yield: 12
Category: Snack Cuisine: Kids

Description
Healthy and adorable Halloween snacks for kids made with tangerines and celery.

Ingredients


- Tangerines (mandarin oranges or clementines, seedless)
- Celery stalks and leaves
- Orange peeler

Instructions

- Peel tangerines, use an orange peeler, your fingernail or a small paring knife to scrape off as much white pith membranes as possible. (Save the peels to make [Orange Vinegar for Cleaning](#))
- Wash, dry and slice celery.
- Cut 1-2 inch narrow pieces from the tops of the celery and insert into the peeled tangerines.
- Cut leaves from the celery tops and arrange to look like pumpkin leaves.

Nutrition
Serving Size: 1 tangerine Calories: 52 Fat: 0.3 g Carbohydrates: 13.1 g

Find it online: <https://spendal.com/tangerine-pumpkin-8-healthy-halloween-snacks/>



MSU Extension Creating Health Indoor Childcare Environments



CREATING HEALTHY INDOOR CHILDCARE ENVIRONMENTS

CHILDCARE PROVIDERS:

Take advantage of this self-paced online course to earn contact hours and learn more about healthy indoor environments.

STARTS SEPTEMBER 19TH

Click Link or Scan QR Code to Register:

https://reg.extension.msstate.edu/reg/event_page.aspx?ek=0081-0004-f9f52c51fe2649e88fb131a03afbe409

TRAINING TOPICS

- EIGHT PRINCIPLES OF HEALTHY INDOOR ENVIRONMENTS
- ASTHMA AND ALLERGIES
- HAZARDOUS PRODUCTS
- INDOOR AIR QUALITY
- INTEGRATED PEST MANAGEMENT
- LEAD POISONING PREVENTION
- MOLD AND MOISTURE CONTROL
- SAFETY AND ACCESSIBILITY

Earn up to 10
contact hours for
this course.



Criminal Records/Fingerprint Unit Reminder & Update



MISSISSIPPI STATE DEPARTMENT OF HEALTH

FINGERPRINT INSTRUCTIONS:

If available in the area, schedule a LiveScan appointment for fingerprinting (LiveScan locations available on the Criminal History Fingerprint webpage). Have applicant bring to scheduled appointment a completed LiveScan Information form and receipt of background check payment. If LiveScan location is unavailable, complete ALL areas on the fingerprint card and mail to the below address-*the fingerprint card must come from the licensed facility, not the applicant.* (**Note:** If a card is not complete, it will be returned and will result in delayed background check processing).

Please ensure that each applicant reads, dates, and signs the Noncriminal Justice Applicant's Privacy Rights form and that it is placed in the facility personnel file-DO NOT SEND TO MSDH.

For Child Care facilities, a Child Abuse and Neglect Registry form must be completed electronically by both the applicant and a representative of the facility. The link and the directions for completing this form may be found on the MSDH Criminal History Fingerprint webpage and in the following pages of this document.

The cost to process a background check is \$50.00 per applicant (extra cards and reprints on the same applicant do not require further payment).

As of January 1, 2022, the Criminal History Fingerprint unit began accepting only online payment for background checks and duplicate documents. Any business check, money order, or cashier's check will be returned to the facility and processing of the background check will be delayed.

Unless fingerprint was completed via LiveScan, mail Fingerprint card to the address below:

MS State Department of Health
Criminal History Record Check
143B LeFleur's Square
Jackson, MS 39211

Please note:

Prior to submission of prints or mailing documents to MSDH, maintain a copy of each fingerprint card (if applicable), online payment receipt, and the Noncriminal Justice Applicant's Privacy Rights form for the facility personnel file.

School Readiness Calendar



Kindergarten Readiness September 2022 - Community Helpers



| Sunday Creative Arts | Monday Language Arts | Tuesday Science | Wednesday Letter Activity | Thursday Math | Friday Social & Emotional | Saturday Physical Development |
|---|---|--|---|---|--|---|
|  | <p>Kindergarten readiness calendars are created by Excel By 5, Inc. monthly with thematic activities for families to engage with children ages 3 & 4. All activities are aligned with Mississippi Department of Education Early Learning Standards. For more information about Excel By 5, Inc. go to www.excelby5.com.</p> | | | 1 | 2 | 3 |
| | | | | <p>Librarians are community helpers! Sort your books at home like a librarian: title, author, or subject. Or sort by size from big to small!</p> | <p>Have you ever had a favorite book that fell apart? Set up a book hospital with tape to repair well read books.</p> | <p>Go to the library and check out books about community helpers! Don't forget to thank your librarian!</p> |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <p>Let's talk about health care providers! Draw a picture of your favorite health care provider.</p> | <p>There are all kinds of health care providers. See how many you can think of! Write them together!</p>  | <p>A doctor that is trained just to treat children is called a pediatrician. What do we call a doctor trained to take care of our teeth?</p> | <p>The letter of the month is H – what sound does the letter H make?</p>  | <p>What are some of the ways that doctors use numbers to help us stay healthy?</p>  | <p>Sometimes I get nervous going to the doctor. But once I'm there I remember how much I like her. How do you feel going to the doctor?</p> | <p>Health care providers help us stay healthy. What can we do to stay healthy every day?</p> |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| <p>This week we are talking about utility helpers. What would it be like without electricity? Draw a picture with your eyes closed.</p> | <p>Do you ever wonder why the lights turn on when you flip a switch? Has it ever not worked? Why didn't it work?</p> | <p>Sometimes a thunderstorm can cause the power to go out. Thankfully, our community helpers, utility workers, are always ready to get our electricity on!</p> | <p>Go on a letter H hunt in your house. Look at food, labels, books, everything with words!</p> | <p>Look around your house to see how many things require electricity. Start counting!</p> | <p>Next time you see a utility worker, notice all the safety gear they wear to keep safe. What do they wear on their head, eyes, & hands?</p> | <p>Return your books to the library and check out more!</p>  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| <p>This week we are talking about community helpers all over our community! I wonder how many we will find?</p> | <p>Where did you go today? I went to the grocery store! My grocer is a community helper!</p>  | <p>What community helper did you see today? I took my dog to the veterinarian. I sure am lucky to have a doctor for my dog!</p> | <p>What would your name sound like if it started with the letter H? ...</p>  | <p>Did you see a community helper today? Our car tire was flat, we were so lucky that a community helper picked us up in a tow truck!</p> | <p>I saw a community helper early this morning! Firefighters visited school today!</p>  | <p>Go for a walk today to see what community helpers you see. Don't forget to thank them for being a helper!</p> |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| <p>We talked about a lot of community helpers. See if</p> | <p>What community helpers did we talk about? Which</p> | <p>All this talk about community helpers we</p> | <p>Let's look back through the calendar. Find all the</p> | <p>This is the 5th Thursday in September! Did September</p> | <p>Today is the last day of September. What month</p> | |